

We Salute all the Caregivers!!

President Bush** declared November 2008 as National Family Caregivers month. And so we would like to extend our well wishes and Thanks to all those that take care of our loved ones.

Whether they are being taken care of in their own home, in special care facilities or hospitals the special folks that take care of them hold a very special place in our hearts. Caregivers can be husbands & fathers, wives and mothers, sons, daughters and nurses and nursing assistance and the list goes on.

Now, the Tip this week is about the things you need to do for yourself so you will not experience 'burnout'.

You need to pamper yourself and take care of yourself too! As you continue to take care of those other folks in your life.

Each day, you take care of our loved ones in ways only you know what you do. We know how special you are, but do you?

Don't ever think that what you do is 'just a job' as it is way more than that. You are the ones with the loving touch, the simple smile and more, that make our loved ones know they are being cared for when we can't be there.

Each day you need to take a few moments and - 'smell the roses'! Well, not necessarily smell of roses but inhale your favorite essential oils that give you the little boosts and warm cozies inside. Knowing you are so important in the lives you attend and giving you the strength to continue. And don't be afraid to share those smells with those you take care of too.

When was the last time you had a relaxing bath? Where you filled the tub with really warm or very hot water and just sat there and soaked, undisturbed? With candle light? and soft music? Close your eyes and cover your face with a dampened cloth and just sit back and relax. Stay as long as you like and tune out the world. You deserve it.

Don't have time for a bath? How about a foot soak and a little foot massage? Most folks enjoy this simple little pleasure.

Make an appointment and have a real massage by a real massage therapist. Let them work out all that tension in your back and neck. Most massage therapists will let you bring your own massage oil blends. We know many massage therapists that will welcome it. (We have plenty of massage blends to choose from and you may already have a few of ours on hand.)

At the very least, diffuse a few of your favorite essential oils in the evening before retiring for the night and enjoy a few pages out of a good book or that magazine you purchased a month ago.

Now, if you are not a caregiver, you most likely know someone that is taking care of an elderly relative or a homebound individual. Why not drop by and give them a little massage or bring them a silk flower arrangement and a bottle of essential oils so they can refresh the smell? (Don't bring them a live plant unless you know they have time to take care of it - from personal experience - taking care of the homebound - my plants all ended up in the garbage as they slowly died off from lack of care).

Al and I have been caregivers and have also given the reins over to others to take care of our loved ones. We know how hard it is and how much caregivers do and how much love they pour from themselves.

So again, We Salute you! But please, take care of yourselves too as we appreciate and depend on you for all that you do for our loved ones!

(** Go to <http://www.whitehouse.gov/news/releases/2008/10/20081029-2.html> to see the declaration by President Bush)

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Aromatherapy Tip of the Week

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